

### AMENDMENTS TO THE CLAIMS

Please amend the claims as follows:

1. (currently amended) A method for prioritizing actions in order to balance the comprehensive health of a user, said method comprising the steps of:

automatically monitoring current health parameters for a particular user at a personal health monitoring system, wherein said current health parameters includes a plurality of monitored physical parameters and a plurality of monitored environmental parameters;

receiving a plurality of actions for selection by said particular user at said personal health monitoring system;

prioritizing each of said plurality of actions according to said current health parameters and designated allowances for said particular user at said personal health monitoring system and at a priority level at which sufficient allowances are available for each of said plurality of actions in view of said designated allowances, wherein said designated allowances includes at least one type of allowance from among time allowances, financial allowances, and health allowances; and

presenting the prioritized plurality of actions for selection by said particular user, such that said personal health monitoring system aids said particular user in selecting from among said plurality of actions in order to balance the comprehensive health of said particular user; ~~and~~

~~determining a priority level at which sufficient allowances are available for each of said plurality of actions in view of said designated allowances, wherein said designated allowances includes at least one type of allowance from among time allowances, financial allowances, and health allowances.~~

2. (original) The method for prioritizing actions in order to balance the comprehensive health of a user according to claim 1, said step of monitoring current health parameters for a particular user at said personal health monitoring system further comprising the step of:

monitoring medication intake by said particular user.

3. (original) The method for prioritizing actions in order to balance the comprehensive health of a user according to claim 1, said step of monitoring current health parameters for a particular user at said personal health monitoring system further comprising the step of:  
monitoring food and liquid intake by said particular user.
4. (original) The method for prioritizing actions in order to balance the comprehensive health of a user according to claim 1, said step of monitoring current health parameters for a particular user at said personal health monitoring system further comprising the step of:  
monitoring environmental exposure of said particular user.
5. (original) The method for prioritizing actions in order to balance the comprehensive health of a user according to claim 1, said step of monitoring current health parameters for a particular user at said personal health monitoring system further comprising the step of:  
monitoring exercise performed by said particular user.
6. (original) The method for prioritizing actions in order to balance the comprehensive health of a user according to claim 1, said step of monitoring current health parameters for a particular user at said personal health monitoring system further comprising the step of:  
monitoring bodily health indicators for said particular user.
7. (original) The method for prioritizing actions in order to balance the comprehensive health of a user according to claim 1, said step of receiving a plurality of actions for selection by said particular user at said personal health monitoring system, further comprising the step of:  
receiving a plurality of selectable medication orders at said personal health monitoring system from a physician accessible server system.
8. (original) The method for prioritizing actions in order to balance the comprehensive health of a user according to claim 1, said step of receiving a plurality of actions for selection by said particular user at said personal health monitoring system, further comprising the step of:  
receiving a plurality of selectable food menu items at said personal health monitoring system from a restaurant menu server.

9. (original) The method for prioritizing actions in order to balance the comprehensive health of a user according to claim 1, said step of receiving a plurality of actions for selection by said particular user at said personal health monitoring system, further comprising the step of:

receiving a plurality of selectable electronic recipes at said personal health monitoring system from an electronic recipe server.

10. (canceled)

11. (original) The method for prioritizing actions in order to balance the comprehensive health of a user according to claim 1, said step of prioritizing said plurality of actions according to said current health parameters and designated allowances for said particular user at said personal health monitoring system, further comprising the step of:

determining whether each of said plurality of selectable actions are allowed according to a plurality of conditional requirements for allowance of said plurality of selectable actions.

12. (original) The method for prioritizing actions in order to balance the comprehensive health of a user according to claim 1, said method further comprising the steps of:

transmitting said plurality of actions, said health profile and said designated allowances to an alternate decision making system; and

receiving a prioritization of said plurality of actions from said alternate decision making system at said personal health monitoring system.

13. (previously amended) The method for prioritizing actions in order to balance the comprehensive health of a user according to claim 1, said method further comprising the step of:

filtering said plurality of actions according to electronic preferences designated by said particular user at said personal health monitoring system.

14. (currently amended) A system for prioritizing actions in order to balance the comprehensive health of a user, said system comprising:

means for automatically monitoring current health parameters for a particular user at a personal health monitoring system, wherein said current health parameters includes a plurality of monitored physical parameters and a plurality of monitored environmental parameters;

means for receiving a plurality of actions for selection by said particular user at said personal health monitoring system;

means for prioritizing each of said plurality of actions according to said current health parameters and designated allowances for said particular user at said personal health monitoring system and at a priority level at which sufficient allowances are available for each of said plurality of actions in view of said designated allowances, wherein said designated allowances includes at least one type of allowance from among time allowances, financial allowances, and health allowances; and

means for presenting the prioritized plurality of actions for selection by said particular user, such that said personal health monitoring system aids said particular user in selecting from among said plurality of actions in order to balance the comprehensive health of said particular user; ~~and~~

~~means for determining a priority level at which sufficient allowances are available for each of said plurality of actions in view of said designated allowances, wherein said designated allowances includes at least one type of allowance from among time allowances, financial allowances, and health allowances.~~

15. (original) The system for prioritizing actions in order to balance the comprehensive health of a user according to claim 14, said means for monitoring current health parameters for a particular user at said personal health monitoring system further comprising:

means for monitoring medication intake by said particular user.

16. (original) The system for prioritizing actions in order to balance the comprehensive health of a user according to claim 14, said means for monitoring current health parameters for a particular user at said personal health monitoring system further comprising:

means for monitoring food and liquid intake by said particular user.

17. (original) The system for prioritizing actions in order to balance the comprehensive health of a user according to claim 14, said means for monitoring current health parameters for a particular user at said personal health monitoring system further comprising:  
means for monitoring environmental exposure of said particular user.

18. (original) The system for prioritizing actions in order to balance the comprehensive health of a user according to claim 14, said means for monitoring current health parameters for a particular user at said personal health monitoring system further comprising:  
means for monitoring exercise performed by said particular user.

19. (original) The system for prioritizing actions in order to balance the comprehensive health of a user according to claim 14, said means for monitoring current health parameters for a particular user at said personal health monitoring system further comprising:  
means for monitoring bodily health indicators for said particular user.

20. (original) The system for prioritizing actions in order to balance the comprehensive health of a user according to claim 14, said means for receiving a plurality of actions for selection by said particular user at said personal health monitoring system, further comprising:  
means for receiving a plurality of selectable medication orders at said personal health monitoring system from a physician accessible server system.

21. (original) The system for prioritizing actions in order to balance the comprehensive health of a user according to claim 14, said means for receiving a plurality of actions for selection by said particular user at said personal health monitoring system, further comprising:  
means for receiving a plurality of selectable food menu items at said personal health monitoring system from a restaurant menu server.

22. (original) The system for prioritizing actions in order to balance the comprehensive health of a user according to claim 14, said means for receiving a plurality of actions for selection by said particular user at said personal health monitoring system, further comprising:

means for receiving a plurality of selectable electronic recipes at said personal health monitoring system from an electronic recipe server.

23. (original) The system for prioritizing actions in order to balance the comprehensive health of a user according to claim 14, said means for prioritizing said plurality of actions according to said current health parameters and designated allowances for said particular user at said personal health monitoring system, further comprising:

means for determining a priority level at which sufficient allowances are available for each of said plurality of actions in view of said designated allowances, wherein said designated allowances includes at least one type of allowance from among time allowances, financial allowances, and health allowances.

24. (original) The system for prioritizing actions in order to balance the comprehensive health of a user according to claim 14, said means for prioritizing said plurality of actions according to said current health parameters and designated allowances for said particular user at said personal health monitoring system, further comprising:

means for determining whether each of said plurality of selectable actions are allowed according to a plurality of conditional requirements for allowance of said plurality of selectable actions.

25. (original) The system for prioritizing actions in order to balance the comprehensive health of a user according to claim 14, said system further comprising:

means for transmitting said plurality of actions, said health profile and said designated allowances to an alternate decision making system; and

means for receiving a prioritization of said plurality of actions from said alternate decision making system at said personal health monitoring system.

26. (original) The system for prioritizing actions in order to balance the comprehensive health of a user according to claim 14, said system further comprising:

means for filtering said plurality of actions according to electronic preferences designated by said particular use at said personal health monitoring system.

27. (currently amended) A program for prioritizing actions in order to balance the comprehensive health of a user, residing on a computer usable medium having computer readable program code means, said program comprising:

means for automatically monitoring current health parameters for a particular user at a personal health monitoring system, wherein said current health parameters includes a plurality of monitored physical parameters and a plurality of monitored environmental parameters;

means for receiving a plurality of actions for selection by said particular user at said personal health monitoring system;

means for prioritizing each of said plurality of actions according to said current health parameters and designated allowances for said particular user at said personal health monitoring system and at a priority level at which sufficient allowances are available for each of said plurality of actions in view of said designated allowances, wherein said designated allowances includes at least one type of allowance from among time allowances, financial allowances, and health allowances; and

means for presenting the prioritized plurality of actions for selection by said particular user, such that said personal health monitoring system aids said particular user in selecting from among said plurality of actions in order to balance the comprehensive health of said particular user; ~~and~~

~~means for determining a priority level at which sufficient allowances are available for each of said plurality of actions in view of said designated allowances, wherein said designated allowances includes at least one type of allowance from among time allowances, financial allowances, and health allowances.~~

28. (original) The program for prioritizing actions in order to balance the comprehensive health of a user according to claim 27, said program further comprising:

means for monitoring medication intake by said particular user.

29. (original) The program for prioritizing actions in order to balance the comprehensive health of a user according to claim 27, said program further comprising:

means for monitoring food and liquid intake by said particular user.

30. (original) The program for prioritizing actions in order to balance the comprehensive health of a user according to claim 27, said program further comprising:  
means for monitoring environmental exposure of said particular user.
31. (original) The program for prioritizing actions in order to balance the comprehensive health of a user according to claim 27, said program further comprising:  
means for monitoring exercise performed by said particular user.
32. (original) The program for prioritizing actions in order to balance the comprehensive health of a user according to claim 27, said program further comprising:  
means for monitoring bodily health indicators for said particular user.
33. (original) The program for prioritizing actions in order to balance the comprehensive health of a user according to claim 27, said program further comprising:  
means for receiving a plurality of selectable medication orders at said personal health monitoring system from a physician accessible server system.
34. (original) The program for prioritizing actions in order to balance the comprehensive health of a user according to claim 27, said program further comprising:  
means for receiving a plurality of selectable food menu items at said personal health monitoring system from a restaurant menu server.
35. (original) The program for prioritizing actions in order to balance the comprehensive health of a user according to claim 27, said program further comprising:  
means for receiving a plurality of selectable electronic recipes at said personal health monitoring system from an electronic recipe server.
36. (original) The program for prioritizing actions in order to balance a comprehensive health of a user according to claim 27, said program further comprising:



means for determining a priority level at which sufficient allowances are available for each of said plurality of actions in view of said designated allowances, wherein said designated allowances includes at least one type of allowance from among time allowances, financial allowances, and health allowances.

37. (original) The program for prioritizing actions in order to balance the comprehensive health of a user according to claim 27, said program further comprising:

means for determining whether each of said plurality of selectable actions are allowed according to a plurality of conditional requirements for allowance of said plurality of selectable actions.

38. (original) The program for prioritizing actions in order to balance the comprehensive health of a user according to claim 27, said program further comprising:

means for transmitting said plurality of actions, said health profile and said designated allowances to an alternate decision making system; and

means for receiving a prioritization of said plurality of actions from said alternate decision making system at said personal health monitoring system.

39. (original) The program for prioritizing actions in order to balance the comprehensive health of a user according to claim 27, said program further comprising:

means for filtering said plurality of actions according to electronic preferences designated by said particular use at said personal health monitoring system.

**Claims 40-68 (canceled)**